

Your Personalized Weight Loss Journey Report

Dear Mamba Mental,

We've analyzed your data using our advanced weight loss prediction model. Here's a comprehensive breakdown of your journey:

1. Personal Profile

- Start Date: 09/09/2024
- End Date: 12/30/2024
- Age: 46 years
- Gender: Male
- Height: 5'9" (175.3 cm)
- Initial Weight: 245.6 lbs
- Goal Weight: 217.0 lbs
- Initial Body Fat: 30.5%
- Goal Body Fat: 7.0%
- Activity Level: Little to no exercise
- Experience Level: 4

2. Metabolic Calculations

- Initial Resting Metabolic Rate (RMR): 3326 calories/day
- Initial Total Daily Energy Expenditure (TDEE): 4215 calories/day
- Thermic Effect of Food (TEF): 74 calories/day
- Non-Exercise Activity Thermogenesis (NEAT): 150 calories/day
- Initial Daily Calorie Intake: 1929 calories/day

3. Workout Analysis

- Workout Type: 1
- Workout Frequency: 3 days/week
- Volume Score: 0.43
- 0.57 - Moderate volume, in the 40-60th percentile
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Very high
- Intensity Score: 0.80
- 0.80 - High intensity, working close to failure
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Very high
- Frequency Score: 1.00
- 1.00 - Optimal frequency, training each muscle 2-3x per week
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Optimal
- Resistance Training: Yes
- Athlete Status: Yes

4. Body Composition Adjustments

- Initial Lean Mass: 170.7 lbs
- Initial Fat Mass: 74.9 lbs
- Estimated Weekly Muscle Gain: 0.281 lbs

5. Weekly Progress Forecast

date weight body_fat_percentage daily_calorie_intake tdee weekly_caloric_output total_weight_lost lean_mass fat_mass muscle_gain	----- ----- ----- ----- ----- ----- ----- ----- ----- -----									
mmr	----- ----- ----- ----- ----- ----- ----- ----- ----- -----									
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090924 245.6 30.5 1929.3 4215.15 0 0 170.692 74.908 0 3326.38	091624 241.744 29.3606									
2146.37 4215.04 14480.7 3.8561 170.766 70.9775 0.28125 3326.38	092324 237.873 28.1803 2024.94 4100.8 14531									
7.72657 170.84 67.0334 0.28125 3287.81	093024 233.987 26.9564 1903.07 3986.7 14585.4 11.6126 170.913 63.0745									
0.28125 3249.11	100724 230.084 25.686 1780.63 3872.71 14644.6 15.5155 170.985 59.0995 0.28125 3210.25	101424								
226.163 24.366 1657.43 3758.78 14709.4 19.437 171.056 55.107 0.28125 3171.22	102124 222.221 22.9928 1533.25									
3644.84 14781.1 23.3789 171.126 51.0949 0.28125 3132.01	102824 218.256 21.5623 1407.81 3530.84 14861.2 27.3437									
171.195 47.0612 0.28125 3092.59	110424 214.266 20.0699 1280.72 3416.69 14951.8 31.3344 171.263 43.0028									
0.28125 3052.94	111124 210.245 18.5099 1151.44 3302.3 15056 35.3549 171.329 38.9162 0.28125 3013.03	111824								
206.205 16.8816 1080.4 3241.21 15125.7 39.3952 171.394 34.8107 0.28125 2972.83	112524 202.242 15.2189 1060.97									
3182.92 14853.6 43.3579 171.463 30.779 0.28125 2932.42	120224 198.356 13.521 1041.95 3125.85 14587.3 47.2444									
171.536 26.8196 0.28125 2892.8	120924 194.544 11.8922 1023.32 3069.97 14326.5 51.0565 171.408 23.1356 0.28125									
2853.93	121624 190.804 10.2289 1005.09 3015.27 14071.3 54.7956 171.287 19.5173 0.28125 2815.81	122324 187.162								
8.54136 1000 2961.7 13731.9 58.4377 171.176 15.9862 0.28125 2778.42	123024 184.342 7.15759 1358.52 2909.51									
10856.9 61.2585 171.147 13.1944 0.28125 2742										

6. Body Composition Changes Over Time

Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack	----- ----- ----- ----- -----
Obese	30.5%	09/09/2024	Significant excess fat all around	12+ months	Obese 29.4% 09/16/2024 Significant excess fat all around 12+ months
High Body Fat	28.2%	09/23/2024	Excess fat all around, round physique	6-12 months	High Body Fat 27.0% 09/30/2024 Excess fat all around, round physique 6-12 months
High Body Fat	25.7%	10/07/2024	Excess fat all around, round physique	6-12 months	High Body Fat 24.4% 10/14/2024 Excess fat all around, round physique 6-12 months
Above Average	23.0%	10/21/2024	No visible abs, excess fat	4-6 months	Above Average 21.6% 10/28/2024 No visible abs, excess fat 4-6 months
Above Average	20.1%	11/04/2024	No visible abs, excess fat	4-6 months	Average 18.5% 11/11/2024 Little muscle definition, soft look 3-4 months
Average	16.9%	11/18/2024	Little muscle definition, soft look	3-4 months	Average 15.2% 11/25/2024 Little muscle definition, soft look 3-4 months
Lean	13.5%	12/02/2024	Some muscle definition, less visible abs	2-3 months	Lean 11.9% 12/09/2024 Some muscle definition, less visible abs 2-3 months
Lean	10.2%	12/16/2024	Some muscle definition, less visible abs	2-3 months	Very Lean 8.5% 12/23/2024 Visible abs, vascularity, striations 3-4 weeks
Very Lean	7.2%	12/30/2024	Visible abs, vascularity, striations	3-4 weeks	

7. Metabolic Adaptation

- Week 1 Metabolic Adaptation: 1.00
- Final Week Metabolic Adaptation: 0.83

8. Final Results

- Duration: 16 weeks
- Total Weight Loss: 61.3 lbs
- Total Body Fat Reduction: 23.3%
- Final Weight: 184.3 lbs
- Final Body Fat: 7.2%
- Average Weekly Weight Loss: 3.83 lbs
- Total Muscle Gain: 4.5 lbs
- Final Daily Calorie Intake: 1359 calories
- Final TDEE: 2910 calories
- Final Weekly Caloric Output: 10856.9 calories

9. Body Fat Category Progression

- Initial Category: Obese
- Description: Significant excess fat all around
- Estimated Time to Six-Pack: 12+ months
- Final Category: Very Lean
- Description: Visible abs, vascularity, striations
- Estimated Time to Six-Pack: 3-4 weeks

10. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained an impressive 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.281 lbs per week, which is good.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2910 calories.

11. Next Steps

- Continue with your current plan.
- Consider adjusting your protein intake to 147 g/day to support lean mass.
- Your next ideal body composition goal could be 5.2% body fat.

Remember, this journey is a marathon, not a sprint. Celebrate your progress and stay committed to your health and fitness goals!

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